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LULULEMON
IS BREATHING
THROUGH A DIFFICULT POSE
AFTER BAD KARMA COST
THEM IN THE BATTLE FOR
YOGI SUPREMACY **PAGE 8**



The season of closed roads and delays is upon us. Great.

The widening of Hyde Park
Rd. will kick off busy summer
of construction **PAGE 2**

MH370 'ended' in southern Indian Ocean

Malaysia's prime minister
says that's where the doomed
flight crashed, citing new
analysis of satellite data **PAGE 6**

It's all Fallon into place for Jimmy

It's just one month in, but
the new Tonight Show is
succeeding beyond TV
execs' expectations **PAGE 12**



Market Square, the Budweiser Gardens parking lot and surrounding streets will be the place to party this May. MIKE DONACHIE/METRO

Make some noise for the Memorial Cup

Special event.
Downtown plans for
big hockey tournament
rolling out



MIKE
DONACHIE
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Beer, music and Clydesdale
horses — downtown's where
it's all happening this May.

London's big party for the
Memorial Cup is being put
together, and Londoners better
be prepared for it to go later

and stronger than other parties.

Plans for the entertainment
surrounding the hockey tournament
have been revealed in a
report to city councillors. And
they come with a request.

The city's being asked to
approve a temporary change
in the rules so two concerts by
"top Canadian bands" can continue
until 12:30 a.m.

Details of the big-name acts
haven't been released, but a
city staff report says they will
play in the entertainment
tent in the parking lot outside
Budweiser Gardens. It will cost

Already a winner

- The Memorial Cup starts on May 16 and has its final game on May 25.
- Tourism London has estimated it will be worth at least \$8 million to the city.

\$10 to get in for the concerts
on May 16 and 24, with a \$5
charge every other day.

The entertainment tent will
include live bands each night
from 5:30 to 6:30 p.m. and

will show the Memorial Cup
games on eight TV screens. The
parking lot will also include 23
tents for sponsors to host their
own events.

Across the street in Market
Square, there will be a "fan-
fest," the same report says. The
square will have interactive
games, a family area and hockey
displays — and it will be free
to get in.

It will be open every day
from 11 a.m. to 7:30 p.m.

Meanwhile, Talbot Street
will host "OHL Ave," also open
to the public at no charge. It
will boast displays, a memora-

bilia tent and the official merchandise
store.

And what about the horses?
The Clydesdale horses featured
in Budweiser commercials will
be on Dundas Street between
Talbot and Richmond from
May 15 to 17.

Before it's all finalized, city
councillors will discuss the
request to suspend the bylaw,
which bans amplified music
after 11 p.m.

There's also a chance for
the public to weigh in, with a
public participation meeting to
happen before the city's community
and protective services

committee meeting at city hall
on April 7.

That committee's chair,
Coun. Matt Brown, said he's
stoked about the Memorial
Cup.

"It's clear that the plans for
this premier tournament are
really coming together, and
it's all very exciting for our
community," he said. "I think
it's important for every Londoner
to know that, whether they're
able to get tickets to a game or
not, they should still come
downtown and enjoy the
atmosphere throughout the
tournament."



Construction season is upon us

Road construction.

Hyde Park widening to kick off busy season



ANGELA MULLINS

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Sizeable snow banks may still be lining streets, but road crews are getting ready to dig in.

That's right, folks. The start of what will be the city's 2014-15 construction season is only a couple of weeks away with heavy equipment ready to rumble onto Hyde

Park Road in early April.

Hyde Park — between Oxford Street and South Carriage Road — will be the site of the most expensive construction project being tackled, costing \$22 million.

Work will include widening to four lanes, including on the bridge over the rail lines. Bike lanes are also part of the plan.

A city committee gave its blessing to the project's contract on Monday, and city council will have the final say April 1. The work is expected to continue into August 2015.

"The key message we're sending to people is plan your trip, understand where

construction is going to be ... and use the detours," he noted.

Overall, the price tag on this year's construction season is expected to come in between \$80 and \$90 million and touch a lot of roads, said Edward Soldo, director of roads and transportation.

This year's spending is just a tad less than last year's and also includes: \$10 million to resurface major streets, \$15 million to rehabilitate less traveled streets and \$35 in infrastructure upgrades, such as water and sewer work.

A \$3-million project in northwest London will leave people driving in circles —

quite literally.

Work is expected to begin in June and continue through September on a new roundabout at Wonderland Road North and Sunningdale Road West.

It will be the city's second venture into using roundabouts as a traffic calming measure on major roads. Soldo said the one at Hale and Trafalgar streets has proven the design plan can work.

Roundabouts, he said, are becoming more and more popular throughout Ontario with the number in London trailing far behind that in some cities, such as the Kitchener-Waterloo region.

Aside from being effective, they also cut long-term costs because there's no need for maintenance on things like traffic lights, he said.

Drivers can visit the website London.ca/construction to get regular updates on closures and lane restrictions. A mobile app is also available for download on the site.

Cost

\$22M

Cost of Hyde Park Road widening, the largest single city construction project for 2014-15.

Animal rescue

It's Super Adoption Day!

It could be a barking wild time at the Western Fair District. The city is gearing up for Super Adoption Day, an annual event that pulls a variety of dog and cat rescue groups together to introduce people to some of the animals they have available. This year's runs from 10 a.m. to 4 p.m. April 5 in the fair district's Canada Building. **METRO**

TIFF

Cameron Bailey to talk in London

A big name from the Toronto International Film Festival is coming to London. Artistic director Cameron Bailey will be at Museum London on Friday to talk about the way global engagement impacts cultural efforts and how that's having an effect on the Toronto festival. Friday's lecture starts at 7 p.m. **METRO**

Komoka

Thieves hit provincial park

Middlesex County OPP are urging people to take extra care after a car was broken into while parked at Komoka Provincial Park on Glendon Drive. A suspect or suspects damaged a passenger side door lock to enter the car. Once inside, those responsible stole a bag containing personal ID, clothing, electronic equipment and money. **METRO**

Cherryhill. 'Job fair' for volunteers planned

Kind-hearted people with a little extra time are being invited to a special event next month.

The Cherryhill Village Mall Volunteer Fair is being organized to help good causes connect with possible volunteers.

Free booth space is being offered to charities and non-profits, with staff and current volunteers to explain the opportunities to potential helpers. The fair is targeted at high

school students who need to fulfill their volunteer hours, post-secondary students looking for experience and seniors with extra time.

The organizations taking part include Museum London, Sexual Assault Centre London, Alzheimer Society, the Salvation Army and Reforest London. It will happen from 10 a.m. to 4 p.m. on April 9.

MIKE DONACHIE/METRO

Park part of plan at former Sherwood Forest school site

Conditional offer. City plans to buy property if rezoning agreement can be reached



ANGELA MULLINS
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The city has made an offer to buy the old Sherwood Forest school in what could turn out to be just the kind of deal neighbours wanted to see.

Under the plan, the city would pay the Thames Valley school board \$1.25 million for the site. But, the agreement is contingent on city council approving rezoning for the property on Annadale Drive in northwest London.

The idea, said Bill Warner, the city's director of realty services, is for part of the site to be zoned to allow for development of a park. The remainder of the five-and-a-half-acre property would be zoned for housing, he said.

City planners are in the process of drawing up a proposal and it hasn't been decided how much of the land would go toward a park. That aspect of the project, however, is being given "top priority," Warner said.

"The major objective is to maintain the parkland component," he said. "The rest would be for future residential development."

A series of public consultation meetings are being scheduled, Warner said, with the

At a glance

- Sherwood Forest Public School (7 Annadale Dr.) closed in June.
- The school district cited declining enrolment as the reason for the decision.

goal of getting the rezoning settled in as little as about four months.

After that, more specific plans would be developed for what the area set aside for a park might include, such as

playground equipment and other amenities.

The city could either hold on to the portion of property set aside for housing or sell it at a later date, Warner said. The official plan for that area

is earmarked for low-density housing, although a row or cluster of attached buildings might be possible.

Members of the Sherwood Forest Orchard Park Rate Payers Association, a neighbourhood group in the area, had been campaigning for the city to buy the property and turn it into green space — specifically with a playground for children.

"This is an exciting pilot project for the city and for our community," the group wrote on their blog last week.



London native Ashley Guindon has been tapped for the lead role in an online reality series called Model Life. CONTRIBUTED

Modelling fame for Londoner

A rising star of the modelling world may look familiar to Londoners, and she's ready to gain more fame.

Ashley Guindon, 21, was born and raised in London, where she was a student at Catholic Central High School.

Now she's working with modelling agencies and photographers, building up a portfolio.

She spent last weekend at a photo shoot in the Bahamas.

Now Ashley hopes to be on TV as part of Model Life,

a reality show being made by Toronto media and promotions agency Femme Fatale.

It reveals what goes on behind the scenes at shoots and fashion shows.

"It's an online series, but it's being reviewed by dif-

ferent networks right now," said Guindon.

"We'll decide within the next few weeks which one we're going to go with."

Visit femme-fatalemedia.com for a sneak peek at the series.

MIKE DONACHIE/METRO

Contentious motion. Needle 'refund' idea lives on for another debate

A controversial motion tabled by Coun. Stephen Orser that would see the Middlesex-London Health Unit pay 25 cents for every used needle returned will live to see another meeting.

Orser explained how his refund idea would work during last week's health unit board meeting.

While there were dissenting opinions, enough board members believed there was merit to at least gather more information before considering the idea again at the next meeting in April.

Under Orser's plan, people would have to apply to receive an identification card that would allow them to return discarded, dirty needles to various drop-off points for a quarter each.

The special card would be designed to, in part, prevent children from returning the



Coun. Stephen Orser CONTRIBUTED

syringes.

"The card would designate someone as part of an exclusive club," Orser said before adding that even pop bottles could be used safely to carry needles.

He believes that's the best way to take at least some of the thousands of used needles off city streets, even though one criticism at last week's meeting was that there's no scientific data to back the notion. SCOTT TAYLOR/METRO

Talk. International relations expert to speak at Western University

An expert on international relations is coming to Western University to give a lecture about war.

Jennifer Welsh will talk about The Individualization of War: Protection, Liability and Accountability at 5 p.m. Wednesday in Conron Hall.

A special adviser to U.N.

Secretary-General Ban Ki-Moon, Welsh will examine the ways in war has changed since the beginning of the First World War in 1914. In particular, she will argue that individuals — rather than states — have become central to armed fighting today.

METRO



Brio Music kids Emma Monti, back, and, from front left, Keira Ardiel, Alexis Harris and Calvin Lar. MIKE DONACHIE/METRO

London's musical good cause

Brio Music. Students at the St. Paul's Cathedral program may come from low-income or single-parent households

Hitting all the right notes

"We aim to nurture the capacity of children and youth living with limited resources to reach their full potential."

Ashley Dickey, program director at Brio Music, on the program's goals



MIKE DONACHIE

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If you're walking downtown late in the afternoon, stop and listen. You might hear some music.

It's the sound of a good cause at work because St. Paul's Cathedral has one of London's best-kept secrets: Brio Music.

"It's not just about music," said program director Ashley Dickey. "It's more about developing the whole kid."

In an upstairs room in the cathedral, the Brio after-school program is teaching music, and more, to about 40 kids. They visit in groups of 10 to 20 on different nights, and they all need help in some way.

"Our students really run the full gamut," said Dickey, who explained they might come from low-income families or single-par-

ent households, or homes where people are "trying to make a go of it but are running into some difficulties."

The program began with a donation made from the estate of a churchgoer, but has since been supported in different ways by groups including the Agape Foundation of London, RBC, Rotary Lambeth and Orchestra London.

"The goal is that we teach the kids multiple things," Dickey said.

"The goal is to teach the whole child. We aim to nurture the capacity of children and youth living with limited resources to reach their full potential."

It's a big job, with lots of different tasks.

It starts with basic things like saying 'Hello' or 'Thank you', but includes lessons in hygiene and healthy eating.

And it's making a difference.

Dickey tells the story of one child who had behav-

oural problems and was being excluded from class regularly.

After some time at Brio — although Dickey insists they can't take all the credit — she was able to sing in front of 100 people at an event.

"She did a wonderful job," added Dickey.

She's not the only one.

Young musicians

- The music lessons at St. Paul's Cathedral happen every weeknight.
- The focus is on simple instruments and enjoying music, so the kids usually play recorders, ukuleles or percussion instruments.
- All three teachers are Ontario-certified music teachers.

Ontario Liberals rapped for subsidizing Drake

Ontario's governing Liberals must stop doling out taxpayer dollars to wealthy companies and celebrities while cutting funding for community events, the opposition parties said Monday.

Multimillionaire rap star Drake was reportedly awarded a \$300,000 grant from the government to stage his two-day OVO Fest in Toronto this summer.

Yet Toronto's Beaches Jazz Festival — a free event — didn't qualify for a grant

under the same program, called Celebrate Ontario.

Maple Leaf Sports & Entertainment, a company that's estimated to be worth \$2 billion, wants \$10 million from the province to upgrade BMO Field in Toronto.

The company that owns the Toronto Maple Leafs, Toronto Raptors, and Toronto's professional soccer team says it will put in \$90 million for the upgrade, but only if it gets \$30 million from the city, province and federal gov-

ernment.

A spokeswoman for Infrastructure Minister Denis Lebel said Ottawa will not provide any money.

The governing Liberals, who are facing a \$12-billion deficit, are still considering the MLSE proposal.

Tourism Minister Michael Chan defended the jazz festival decision, saying Celebrate Ontario is a competitive program which attracted 441 applications last year.

THE CANADIAN PRESS

Political commentator

Andrew Coyne coming to London

National Post columnist and political commentator Andrew Coyne is coming to London to talk about democracy.

Or rather, the lack thereof.

Coyne will deliver his lecture, titled Our Broken Democracy, at the Canadian Club of London lunch from noon to 1:30 p.m. Wednesday at the Hilton (300 King St.).

Tickets are \$45.20 each for people who aren't members of the club. **METRO**

Environmental awareness. Celebrate Earth Hour with Mr. Jim

One of London's candidates for mayor is planning a celebration during one of the year's biggest environmental events.

Jim Kogelheide, a bus driver, artist and green campaigner better known to some as Mr. Jim, will celebrate Earth Hour on Saturday at the East Village Coffeehouse.

He's promising a night of music, art and environmental awareness, with the doors

opening at 6:30 p.m. and the music starting at 7:30 p.m. It includes door prizes and a special menu. The performers are Justin Meli and Jojo Worthington. Visit bitsandpieces.com for more information.

For Earth Hour, people all over the world are encouraged to turn their lights off at 8:30 p.m. local time, to show their commitment to protecting the planet.

MIKE DONACHIE/METRO

Chicago. Train ends up on escalator after jumping tracks at O'Hare airport

An eight-car Chicago public-transit train jumped the tracks, skidded across a platform and scaled an escalator that leads to a busy U.S. airport early Monday, injuring 32 people.

Investigators had not drawn any conclusions into the cause of the derailment at the end of the Blue Line at O'Hare International Airport, but were looking into whether faulty brakes, signals or human error were factors, National Transportation Safety Board investigator Tim DePaepe said Monday.

The Chicago Transit Authority train operator, who was still hospitalized, will be interviewed, DePaepe said, and investigators will examine her routine over the last few days.

The timing of the crash — just before 3 a.m. Monday —

helped avoid an enormous disaster, as the underground Blue Line station is usually packed with travellers coming to and from Chicago. No one suffered life-threatening injuries.

Denise Adams, a passenger on the train, described the impact to the Chicago Sun-Times.

"I heard a 'Boom!' and when I got off the train, the train was all the way up the escalator," she said. "It was a lot of panic."

Investigators will review video footage from a camera in the station and one that was mounted on the front of the train, DePaepe said. The train will remain at the scene until the NTSB has finished some of its investigation, after which crews will remove the train and fix the escalator that has "significant damage."

THE ASSOCIATED PRESS



A Chicago Transit Authority train car rests on an escalator at the O'Hare Airport station after it derailed early Monday in Chicago, injuring more than 30 people.

KENNETH WEBSTER/NBC CHICAGO/THE ASSOCIATED PRESS

Alberta

No higher cancer rates in area near oilsands: Study

A study by the Alberta government says Fort Chipewyan, an aboriginal community downstream from the oilsands, doesn't have higher overall cancer rates.

But the Alberta Health Services survey, using data from 1992 to 2011, did find higher than expected levels of two kinds of cancer. James Talbot, chief medical health officer, says relatively high levels of cervical and bile duct cancer are most likely to be attributable to other factors than environmental contamination.

THE CANADIAN PRESS

Ireland

Lawmaker steps down after being caught sexting

He's the Irish Carlos Danger: Patrick Nulty, a 31-year-old lawmaker, has resigned after a newspaper caught him sending sexually suggestive messages to female constituents in Dublin.

Like Anthony Weiner, the New York congressman who used "Carlos Danger" as an alias, Nulty claimed his account was hacked. He admitted responsibility once the newspaper showed him his messages came from inside Dublin's parliament building.

Nulty blamed his messages on late-night drinking.

THE ASSOCIATED PRESS



Ukrainian sailors meet their comrades in Donuzlav, Crimea, Monday. Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials in retaliation for Canadian sanctions over Russia's annexation of the Crimea region of Ukraine. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

13 Canadians banned from entering Russia

Crimean crisis. Move is in response to economic sanctions and travel bans on Russian officials, says Foreign Ministry

Quoted

"Canadian officials named today by Russia aren't oligarchs or threatening to annex parts of peaceful neighbours by military force."

Statement by the Department of Foreign Affairs, on Russia slapping an entry ban on 13 Canadian lawmakers and officials, in retaliation for Canadian sanctions over Russia's annexation of Crimea.

Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials, including House of Commons Speaker Andrew Scheer and government House leader Peter Van Loan, in retaliation for Canadian sanctions over Ukraine.

Russia's Foreign Ministry called the move a response to Canadian travel bans and economic

sanctions imposed earlier on a number of Russian officials — "unacceptable action by the Canadian side that has inflicted serious damage to bilateral relations," the ministry said in a statement.

The move follows Canada's decision to act in unison with the U.S. to introduce sanctions targeting members of Russian President Vladimir Putin's en-

tourage following Russia's annexation of Crimea.

Speaking from The Hague, where he is attending a nuclear security summit with Prime Minister Stephen Harper, Foreign Affairs Minister John Baird echoed Liberal MP Irwin Cotler in describing the sanctions as a "badge of honour."

"Any country who thinks that in the 21st century you

can simply rewrite the borders of Europe is wrong, and it's of deep concern," Baird said.

"None of the people listed today are threatening the territorial integrity or sovereignty of the Russian Federation. I think it also says we've certainly got the attention of those in the Kremlin."

Russian retaliation was bound to come, said NDP Leader Tom Mulcair.

"It's a sign that we are heading into an era of much chillier relations, but it was predictable. And frankly, if that's the price to pay to start sending a message to Putin, so be it." THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS



Prime Minister Stephen Harper speaks at The Hague, Netherlands, Monday. SEAN KILPATRICK/THE CANADIAN PRESS

G8 on hold until Putin 'changes course'

Stephen Harper and his fellow G7 leaders say they are suspending their participation in the Group of Eight until Russia "changes course."

In a joint statement, the G7 nations say they will instead meet without Russia.

The move is aimed at isolating Moscow as punishment for its annexation of the Crimean peninsula from Ukraine.

The G7 nations have issued the statement following an emergency meeting today in the Netherlands.

The gathering began on the sidelines of the Nuclear Security Summit, and went about a half hour longer than expected.

Earlier in the day, Harper said economic concerns will have to take a back seat as the West determines how to re-

spond to Russian aggression.

"Within the context of Canadian foreign policy, we will do what we can to maximize the commercial opportunities for our firms," the prime minister told a roundtable with Dutch business representatives.

"But," he continued, "we will not shape our foreign policy to commercial interests." THE CANADIAN PRESS

Despair. Grief takes over hope for family members

Relatives shrieked and sobbed uncontrollably. Men and women nearly collapsed, held up by loved ones. Their grief came pouring out after 17 days of waiting for definitive word on the fate of the passengers and crew of the missing Malaysia Airlines jet.

Malaysia's prime minister gave that word late Monday in an announcement from Kuala Lumpur, saying there was no longer any doubt that Flight 370 went down in the southern Indian Ocean.

Relatives of passengers in Beijing had been called to a hotel near the airport to hear the news, and some 50 of them gathered there. Afterward, they filed out of a conference room in heart-wrenching grief.

One woman collapsed and fell on her knees, crying, "My son! My son!"

Medical teams arrived at the Lido hotel with several



A relative cries in Beijing, Monday.
NG HAN GUAN/THE ASSOCIATED PRESS

stretchers and one elderly man was carried out of the conference room on one of them, his face covered by a jacket. Minutes later, a middle-aged woman was taken out on another stretcher, her face ashen and her blank eyes seemingly staring off into the distance.

THE ASSOCIATED PRESS

What we know. Tragedy confirmed, but little else

THE PLANE CRASHED:

Malaysian Prime Minister Najib Razak said satellite data showed Flight MH370 "ended in the southern Indian Ocean," confirming the plane that disappeared more than two weeks ago went down in a remote corner of the ocean.

ITS LAST POSITION: A British company calculated satellite data obtained from the remote area of the ocean, using analysis never before used in an aviation investigation of this kind, and pinpointed the last spot the flight was seen in the air was in the middle

Acceptance

"We accept the news of the tragedy. It is fate."

Father of an aviation engineer who was travelling on the flight, after listening to the statement of the Malaysian prime minister.

of the ocean west of Perth, Australia.

NO SURVIVORS: Najib left little doubt that all 239 crew and passengers died; the father of an aviation engineer on the flight said, "We accept the news of the tragedy. It is fate." THE ASSOCIATED PRESS



Malaysian Prime Minister Najib Razak speaks during a press conference for the missing Malaysia Airlines Flight MH370, in Kuala Lumpur on Monday.
JOSHUA PAUL/THE ASSOCIATED PRESS

Flight 370 crashed: Malaysia's PM

No survivors. Satellite data indicates plane flew into remote waters of Indian Ocean

Quoted

"I must inform you that, according to this new data, Flight MH370 ended in the southern Indian Ocean."

Malaysian Prime Minister Najib Razak

The missing Malaysia Airlines plane crashed into a remote corner of the Indian Ocean, the nation's prime minister said Monday night, citing a new analysis of satellite data. The statement was the first step toward resolving a two-week-old mystery that has consumed the world.

But with the location of Flight 370 itself still unknown — most likely somewhere at the bottom of the sea — questions remain about what brought down the aircraft and why.

Dressed in a black suit, Prime Minister Najib Razak announced the news in a brief

statement to reporters, saying the information was based on an unprecedented study of data from a satellite that had received signals from the plane.

He said the data indicated that the Boeing 777, which took off from Kuala Lumpur for Beijing on March 8 with

239 passengers and crew, flew "to a remote location, far from any possible landing sites."

He gave no indication of exactly where in the Indian Ocean the plane was last heard from, or what the next step in finding it would be. The grueling hunt could take years, or the plane's main fuselage may never be found at all.

The search is now considered a race against time because of the battery life of the "pinger" in the plane's black box, which may run out in the next two weeks.

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Egypt. Hundreds sentenced to death after defence barred by judge

An Egyptian court sentenced to death on Monday 529 people accused of an attack on a police station that left one policeman dead, in a mass trial that lasted only two sessions and raised an outcry from rights activists.

The verdicts against the men, said to be supporters of ousted president Mohammed Morsi, are subject to appeal and would likely be overturned, rights lawyers said.

But they said the swiftness and harshness of the rulings on such a large scale deepened concerns that Egypt's courts have been deeply politicized and that due process is being swept away amid the crackdown on Morsi's Muslim Brotherhood that followed his July overthrow.

Amnesty International said

it was the largest single batch of simultaneous death sentences they had seen in recent years anywhere in the world.

The Egyptian Foreign Ministry said in a statement that the country's judiciary is "entirely independent and is not influenced in any way by the executive branch of government."

The court held two sessions. In the first on Saturday, the judge angrily shouted down requests by defence lawyers for more time to review the prosecution's case for the hundreds of defendants. In Monday's session, security forces barred defence lawyers from entering the courtroom on orders from the judge. All but around 150 people were tried in absentia.

THE ASSOCIATED PRESS

Testimony

Texts suggest girlfriend feared Pistorius

Oscar Pistorius and Reeva Steenkamp argued fiercely in the turbulent weeks before he killed her, and the athlete's girlfriend told him she was sometimes scared by his behaviour, which included jealous outbursts in front of other people, according to phone messages revealed at the Olympian's murder trial on Monday.

"I'm scared of u some-

times and how u snap at me and of how u will react to me," Reeva Steenkamp texted Pistorius, in a message read out in court by a police captain.

In another message, Steenkamp wrote to the double-amputee runner: "I can't be attacked by outsiders for dating u AND be attacked by you, the one person I deserve protection from." In Steenkamp's message about being scared of the athlete, she also added: "You make me happy 90% of the time and I think we are amazing together."

THE ASSOCIATED PRESS

Mudslide death toll rises, dozens remain missing



Volunteers Frank and Rhonda Cook watch as the final body they recovered Sunday afternoon is lifted into a helicopter on the east side of Saturday's fatal mudslide near Oso, Wash. GENNA MARTIN/THE HERALD/THE ASSOCIATED PRESS

The list. Construction workers coming into the area and people just driving by among the possible missing

The search for survivors of a deadly Washington state mudslide grew Monday to include 108 names of people who were reported missing or were unaccounted for, but authorities cautioned the figure likely would decline dramatically.

Still, the size of the list raised concerns the death toll would rise far above the 14 people who have been confirmed dead, a figure that rose by six yesterday. The slide Saturday swept through part of a former fishing village about 90 kilometres northeast of Seattle. Several people also were critically injured. About 30 homes were destroyed, and the debris blocked a 1.5-kilometre stretch of state highway.

"The situation is very grim," Snohomish County Fire District 21 Chief Travis Hots said, stressing that authorities are still in rescue mode and are holding out hope. But he noted: "We have not found anyone alive on this pile since Saturday."

Adding to the worries was that the slide struck Saturday morning, a time of the weekend when most people are at

home. Of the 49 structures in the neighbourhood hit by the slide, authorities believe at least 25 were occupied full-time.

Frequent, heavy rainfall and geography make the area prone to landslides. Authorities believe Saturday's slide was caused by ground made unstable by recent rainfall.

The slide blocked the North Fork of the Stillaguamish River, which is continuing to back up, officials said. At least seven homes are now flooded.

Washington Gov. Jay Inslee described the scene as a "square mile of total devastation" after flying over the disaster area midday Sunday. He assured families that everything was being done to find their missing loved ones.

The North Fork of the river is finding its way through the mudslide, as expected. "It's good news," said Steve Thompson, public works director for Snohomish County.

Bruce Blacker, who lives just west of the slide, doesn't know the whereabouts of six neighbours. "It's a very close-knit community," Blacker said Sunday as he waited at an Arlington roadblock before troopers let him through.

The search included the Washington State Patrol and the Army Corps of Engineers. "You can't live here without knowing someone who is unaccounted for," said Linda Byrnes. THE ASSOCIATED PRESS

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Yogis pose at Mula Yoga in Toronto at 80 Mitchell Ave. in their typical practice gear. DAVE STARRETT/FOR METRO

Can they make Lululemonade?

ivivva athletica

Mini yogis = big bucks

Like mother, like daughter? Lululemon has bet that's the case.

The company launched three test ivivva athletica stores exclusively selling workout clothes for girls aged six to 12 in 2009 in Western Canada.

There are now more than 30 ivivva stores and showrooms sprinkled across North America.

"In B.C. ivivva is huge right now," says Susie Wall, a Vancouver-based TV style expert and mother of two young girls.

While some yogi yummy mummies in Lululemon's hometown have moved on to hipper brands, girls are begging those moms to take them to ivivva, says the fashion guru in a phone interview from Whistler, B.C.

Shelling out \$62 for Perfect Your Alignment Pants for your perfect princess may seem ridiculous, but many other brands such as Nike and Under Armour also sell children's workout wear.

The young will inherit the Earth, and apparently, a penchant for pricey stretch-pants.

Hot yoga market.

Retail company looks to recover from last year's sheer madness as others set their intention to get in on the profit



MELISSA DUNNE
melissa.dunne@metronews.ca

"Life is full of setbacks. Success is determined by how you handle setbacks" reads part of Lululemon's manifesto on one of its classic bright-red bags.

Lululemon Athletica Inc.'s leadership has certainly had some setbacks this year.

A recall of sheer pants last spring set off a streak of bad karma the Vancouver yoga-cum-athletic-wear empire has yet to shake. How it continues to handle setbacks will determine the future success of the leader in the increasingly crowded yoga-wear space.

The specialty shop's stock is stuck in downward dog, closing at \$49.32 US Monday — down from its June high of \$82.50 US.

Lululemon will announce its full fiscal 2013 results Thursday, but it's already downgraded its expected 2013 fourth-quarter earnings due to customer traffic and sales dropping "meaningfully."

The company declined to comment for this story.

Retail analysts are divided on whether the premium-priced workout brand can fight

Competition

'Same DNA'

Some yogis do not take kindly to international clothing conglomerates like Nike, leading homegrown brands, from Canuck clothier Roots to B.C.'s Tonic, to open

off a long line of big retailers and niche brands looking for a piece of the yogi pie.

Back in the halcyon days of 1998 when Chip Wilson opened a single design/yoga studio in the yuppie Vancouver enclave of Kitsilano, he had no real rivals.

The branding genius basically created a new category.

Women in droves traded their saggy sweatpants for tight stretch-pants emblazoned with a stylized "A" logo.

Lululemon now has almost 250 stores, mainly in North America and Australia, plus showrooms in select global cities. Making pricey pants that flatter bottoms has been very good for Lululemon's bottom line. Its net revenue for the fiscal 2012 year was \$1.4 billion US. Despite the success, the brash founder stepped down as chairman last year after seemingly blaming women's thighs for pilling pants. New Lululemon CEO Laurent Potdevin, from feel-good brand TOMS Shoes, is tasked with turning the ship around.

Alan Middleton, a market-

a Canadian front in the battle over yoga wear.

Lately Lolë is hot among active women, offering a French twist on yoga wear — namely more restrained colours and cuts.

"For sure we're competitors (with Lululemon), but we're building a category together,"

says Lolë's CEO Bernard Mariette in a phone interview from Montreal. "It's like we're sisters and brothers, we have the same DNA."

Started in 2002 in Montreal, there are now 27 Lolë Atelier's worldwide. Lolë will expand west and will stretch into men's wear soon.

While some women look to trendier or cheaper options, Lululemon is looking at men as a growth area.

In a move lauded by analysts the Canadian company aims to have standalone stores just for guys by 2016.

But, Farley Tarn, a 31-year-old Torontonian who worked as a Lululemon educator this holiday season and is training to become a yoga instructor, says getting men to buy a brand mainly associated with women is tough.

"It's kind of a hard sell," says Tarn. "But once you get men to try the clothes on they are hooked because the quality is there."

The high-end label is able to charge \$82 and up for women's pants made of its Luon nylon-and-lyrca blend fabric because

devotees believe in the quality. But the online retail shop shows there are still some kinks to work out. Of the most recent 20 reviews for the Wunder Under Pant (now in Full-On Luon) at lululemon.com, there are four five-star reviews, but 15 reviews complain of quality issues from sheerness to pilling, with some even adding a ":(" to show their unhappiness.

The cult brand's new CEO will have to find a way to turn those emoticons right-side round if the Canadian success story is to have a happy ending.

Global athletic-wear giants, such as Nike, Adidas and Under Armour offer specialty yoga togs for specialty-level prices. Fit fashionistas went

ing professor at York University, believes the veteran retailer can fight off attacks from the likes of the savvy Joe Mimran, who's hocking \$16 Cropped Yoga Pants through his discount Joe Fresh line.

"(Lululemon has) got to market how they're different — emphasizing things like sweat management, stretchability and technology," he says in a phone interview from Toronto. "Joe Fresh will eat into their business if people see no difference between the products."

At first glance, workout wear hanging at Joe Fresh, Gap and H&M could be mistaken for Lululemon. One unmistakable difference is the much lower price-tags. And with 1.4 million Canadians practising yoga, according to Statistics Canada, (and scores more who just want to look like it) clothiers, high and low, now follow the mantra: Yoga equals money.

Global athletic-wear giants, such as Nike, Adidas and Under Armour offer specialty yoga togs for specialty-level prices. Fit fashionistas went

wild recently for Nike's Studio Wrap shoe for yoga, dance and barre and the Nike Tight of the Moment-Sparkling Sunburst will hit the racks at high-end retailer Holt Renfrew later this week. Nike's fiscal 2013 revenues were \$25.3 billion US, up eight per cent.

While some women look to trendier or cheaper options, Lululemon is looking at men as a growth area.

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A different kind of branding

Lululemon doesn't pay big bucks to have big celebrities endorse their latest Power Y Tank. Instead, it recruits "local athletes, instructors and role models" to promote the brand as unpaid "ambassadors." It's a simple, symbiotic relationship that has been key to its success.

Ambassadors get free clothes, plus free promotion in-store and online. The model has been such a hit that other brands, such as rival Lolë, now have similar programs.

Lululemon also offers free yoga classes. Held twice a week at their stores, anyone can join.

There's no housing bubble to burst: Conference Board

New report.

Contrary to many reports, the think-tank says our real-estate market is not too hot

The Conference Board isn't buying the notion that Canada's housing market will suddenly crumble, saying the most likely outlook is for a modest decline nationally and in some specific markets.

The Ottawa-based think-tank argues in a comprehensive new look at real estate in Canada that the conditions for a crash simply don't exist, despite numerous reports that the market is overbuilt and overvalued.

Rather, the report argues that with the possible ex-

Ontario market

The Conference Board provides an outlook on six major cities, including:

- **Toronto.** Balanced with healthy price growth. A major correction is difficult to see given solid employment and population growth.
- **Ottawa.** Market cooling due to falling employment from the government sector, flatter sales and tempered prices.

ception of Toronto, housing starts the past three years have been roughly in line with the 20-year average.

Even in Toronto, there is only a "borderline" case that

it could be overbuilt.

"At this point in the housing cycle, there is a risk that Canadian housing prices in some market segments are due for a modest correction," the report states.

There is a case for more dramatic price adjustment further out if higher mortgage rates start crimping affordability, the Conference Board says, but even then it is likely to be a soft rather than a hard landing.

In recent years, some economists and international organizations such as the OECD, the IMF, Deutsche Bank and The Economist magazine have described Canada's housing market in stark terms, characterizing it as among the priciest in the world based on historical averages and other metrics.

THE CANADIAN PRESS



Vying to be king atop the Toilet 2.0 throne

An exhibitor from Loughborough University demonstrates the use of a toilet during Reinvent the Toilet Fair in New Delhi, India, on Friday. Scientists who accepted the Bill & Melinda Gates Foundation's challenge to reinvent the toilet showcased their inventions in the Indian capital Saturday. The primary goal: to sanitize waste, use minimal water or electricity, and produce a usable product at low cost. India is by far the worst culprit, with more than 640 million people defecating in the open and producing a stunning 72,000 tons of human waste each day — the equivalent weight of almost 10 Eiffel Towers or 1,800 humpback whales. TSERING TOPGAL/THE ASSOCIATED PRESS

Market Minute



DOLLAR
89.33¢
(+0.12¢)

Natural gas: \$4.29 US (-\$0.02)
Dow Jones: 16,276.69 (-26.08)



TSX
14,278.55 (-57.21)



OIL
\$99.60 (+\$0.14)



GOLD
\$1,311.20 (-\$24.80)

Mobile-game maker

How sweet will Candy Crush co.'s NYSE debut be?

King Digital, the company behind Candy Crush Saga, is set to make its debut on the New York Stock Exchange this week. THE ASSOCIATED PRESS



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NO LONGER WANT TO NUKE

North Americans have an insatiable appetite for innovative gadgets — we're obsessed with high-tech tablets, smart televisions and biometric fitness bands — but when's the last time you heard anyone rave about their new microwave?

In a design-focused age of sleek champagne-coloured cellphones and wearable technologies, the boxy countertop oven seems positively archaic. While 90 per cent of U.S. households still own a microwave, the kitchen staple hasn't exactly advanced all that much in terms of design or functionality, which means there's no need to replace them with any sort of frequency. In fact, microwave sales have steadily fallen or stagnated every year for a decade — plummeting a whopping 40 per cent since their peak in 2004, according to a new consumer report from Quartz.

In addition to its durability and unimaginative design, part of the appliance's low sales numbers have to do with lifestyle.



SHE SAYS
Jessica Napier
metronews.ca

without it.
I miss my old countertop microwave approximately twice a

month, usually when I'm desperately hungry and trying to heat up leftovers ASAP or when I'm craving popcorn.

However, most of the time I feel liberated by my decision to live without a microwave. I will preach the lifestyle to anyone who will listen.

Not only will giving up your microwave force you to think more consciously about the food you eat, but retiring this bulky device means you'll be able to reclaim a large amount of valuable counter space, which, let's face it, is at a premium in most kitchens.

There's no denying the speed and convenience of a microwave — I often curse my preheating oven while I wait for it to climb to 375 F — but some things are more important than eating quickly. Living without one just takes a little patience and planning and yes maybe some extra time to wash the dishes. But trust me, once you broil your first slice of leftover pizza you'll never look back.

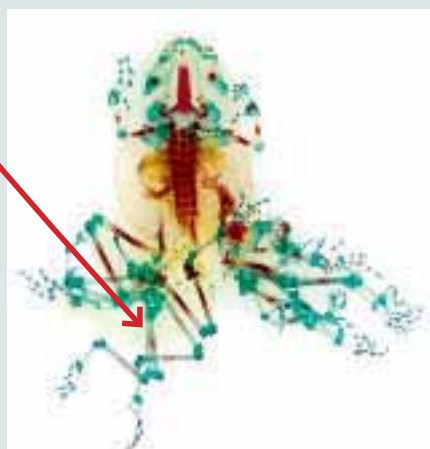
Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

This will leave a frog in your throat

For American artist and biologist Brandon Ballengée, deformed frogs are a source of both scientific wonder and artistic vision. Ballengée literally highlighted his research on abnormalities in amphibians by injecting specimens with coloured dyes, before using a high-resolution scanner to create a surreal photographic record. **METRO**



COURTESY BRANDON BALLENGÉE

Q & A

Art invokes empathy



BRANDON BALLENGÉE
Artist/biologist,
39, based in New
York and Montreal

What kind of deformities do these frogs have?

The most common ones are shortened hind limbs. Extra limbs are found less often but may be increasing. These abnormalities are most likely caused by predatory injury or parasitic infection while the frogs were still tadpoles. Predators and parasites are natural, but environmental degradation appears to be increasing this phenomena.

What reaction do you hope to get from your images?

In the artworks, the frogs are scaled to the size of a human child. The idea is to invoke empathy, not fear. If they're too large they become monsters, too small we can too easily psycholog-

ically differentiate ourselves from them.

What do your photos say about seeing the magnificent in the monstrous?

The specimen preparation does allow for a level of abstraction, while at the same

time revealing the complex architecture of these terrible abnormalities.

This push and pull is important to bring people in close to the art — for a one-on-one experience with an organism they may have had a part in creating.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Wondering what's up with the influx of #nomakeupselfies flooding your social media streams? From Beyoncé to Jessica Alba, people are posting their bare faces after Laura Lippman started the trend to defend actress Kim Novak, who was kind of pummeled online for her Oscar look. Inexplicably, the hashtag became linked to raising awareness for cancer and has since raised \$3.7 million for Cancer Research UK through online and texted donations. But just because Beyoncé wants to go bare for the campaign doesn't mean you have to. Here are a few other ways to digitally donate.

#manupandmakeup:

A spinoff of the #nomakeupselfie, the campaign asks men to throw on some lipstick and liner (guyliner if you prefer) and post to social media while donating to Prostate Cancer UK.

Charity Miles:

Donate to charities as you exercise. The app links runners, walkers and bikers with corporations looking to do some charity work.

For every mile you run, the organization donates to a charity of your choice. While \$0.25 per mile may not seem like much, for the average marathoner it works out to more than \$500 per year. On Android and iOS.

One Today:

The Google app introduces you to a new charity every day. If you're down with their modus operandi, click donate and give just \$1 to the organization. On Android and iOS.

Twitter

@metropicks asked: The no makeup selfie is the latest breast cancer awareness trend. Is it effective at raising awareness?

@mtnbvan: No makeup for a day is trivial & doesn't spread breast cancer awareness. Not even close. #LocksofLove yes

@BrillComm: Great to raise awareness, but when putting your digital

brand behind a cause important to know the origin & goal

@laurahubb: I don't think it's effective: I did the selfie, and half my FB has. No where did I see it was for breast cancer. Someone. obv omitted down the lines, it kept going. Sad, because doing it for breast cancer would be great.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

DVD review



The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio, Matthew McConaughey

If you're down with a character arc that's as short as a crack pipe and equally resistant to temperance, then Martin Scorsese's latest picture *The Wolf of Wall Street* is your chance to howl.

For the first third of its wildly overlong three hours, Scorsese's film fairly bowls you over with its wild-eyed depiction of Wall Street as Animal House, with excesses of the late 1980s through 1990s that included everything from dwarf tossing to cocaine inhaling to hooker procuring. It's based on the memoirs of real-life stock scammer Jordan Belfort.

We view these antics through the wandering eyes of the title character, played with gusto by Leonardo DiCaprio (his best role yet), ably assisted by Matthew McConaughey, Jonah Hill, Jean Dujardin and Kyle Chandler.

Scorsese really loves the company of men, but they all find some distaff competition from Margot Robbie's Naomi, the model/mistress and later Belmont spouse who is anything but a Little Bo Peep.

Extras include a making-of featurette.

PETER HOWELL

Scarlett's wily Widow a 'reluctant superhero'

Third time plucky. Avenger role takes on new depth in latest *Captain America*



NED
EHRBAR

Metro World News in Hollywood

Captain America: The Winter Soldier is obviously a *Captain America* (Chris Evans) movie, but just as important is Scarlett Johansson's portrayal of Natasha Romanov, code name: *The Black Widow*. The film marks her third appearance as the sole female Avenger, giving Johansson the chance to inhabit a character in a way she has rarely over her 20-year career.

"It's an interesting challenge to keep coming back to this character," Johansson says. "We saw a little bit of her in *Avengers*, and we saw a little bit of her backstory — we'll see more of that in *Avengers 2*. But in this film, we really get to see Natasha as a person who gets up, gets ready for work in the morning, has a life outside of her job once she's out of the suit. She's a woman and she has her own reality outside of this. Who knows how far that stretches."

She's also not as clear-cut a good guy as Evan's *Captain America*. "Natasha is a bit of a reluctant superhero. She doesn't necessarily have this strong, golden moral compass. Let's not forget, she started out her career essentially as a mercenary. I don't know if that makes her role model material," Johansson



Scarlett Johansson JACQUES BRINON/THE ASSOCIATED PRESS

Black Widow not as clear cut a good guy as Captain America



"She doesn't necessarily have this strong, golden moral compass ... she started out her career essentially as a mercenary. I don't know if that makes her role model material."

Scarlett Johansson

says, though she does admit those grey areas make the job that much more interesting.

"One of the things that's attractive to me about the character is that she uses her feminine wiles as part of her job, but she doesn't rely on her sexuality or physical appeal to get the job done," she says. "She's extremely smart.

ways say, 'The Widow always wins.' And it's true. And that's a nice sentiment."

That getting rough can take its toll, though. "I'm going to be in physical therapy for the rest of my life," she jokes. But in all seriousness, Johansson was better prepared for this round of Marvel action than the previous two. "I'd just come off of doing a Broadway run, which is pretty much the most physically demanding thing you can do. I felt like if anything was going to prepare my stamina, it was that. So everything seemed like a piece of cake after treading the boards for that long. And I think I was in pretty solid shape from that run. And then just maintaining it, [which is] boring. Get up at five, go to the gym. You know, that stuff, that's horrible."

2 SCENE

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Feel-good Fallon fires up viewer figures



Stephen Colbert visits The Tonight Show Starring Jimmy Fallon during the show's debut episode in February.
GETTY IMAGES FILE

The Tonight Show. For NBC, Jimmy Fallon ascendancy is a show transition that's working

One month in, NBC's generational trade of Jay Leno for Jimmy Fallon at the Tonight show is succeeding beyond the hopes of executives who engineered it.

Fallon's fast start is clear in television ratings and even more stark in social media metrics. While too early to declare a new king of late-night TV, the transition is a marked change from how badly NBC fumbled the short-lived switch from Leno to Conan O'Brien in 2009.

NBC had hoped for an increase in young viewers and steeled itself to lose some of Leno's older fans, but Fallon's reception was a surprise.

When Fallon premiered on Tonight during the Olympics, the franchise hit numbers unseen since Johnny Carson's last week in 1992. Things have settled down but Fallon is still comfortably on top.

Fallon's lead over his rivals is more pronounced among viewers aged 18 to 49, the target demographic for NBC's advertising.

Fallon and NBC embrace the way that many early-to-bed consumers experience late-night television these days: By watching clips of a show's best moments online. The YouTube

clip of Fallon and Will Smith acting out the evolution of hip-hop dancing has been seen more than 12.8 million times. Fallon's lip-sync duel with Paul Rudd on songs by Tina Turner, Foreigner and Queen has nearly 9 million views.

Each segment is funny, good-natured and utterly impossible to imagine Fallon's old-school predecessor doing.

"What I notice in people's reactions is not just that they like the show and think that it's funny, but they like the feel-good spirit," Harbert said. "There's a total absence of snarkiness, of cynicism. It's just there to make you feel good before you go to sleep."

The anti-show-biz style pioneered by Letterman isn't dead, said Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University. But "it may have run its course to some extent," he said, and Fallon's sincerity dilutes the pure snark of Letterman and O'Brien.

"Fallon has been able to change the equation," he said.

THE ASSOCIATED PRESS

Fallon the sweetest lullaby for NBC

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Ted Harbert, NBC broadcasting chairman

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DISH

13



Kanye, Kim and North in April's issue of Vogue. SCREENGAB

On reflection, we're all sure you're a vampire ... fangs for scaring us, Kanye!

Is Kanye West a vampire? The Twitterverse certainly thinks so. BuzzFeed editor Katherine Miller was one of the first to notice that a photo from Vogue's spread on West, Kim Kardashian and baby North seemed to show that the rapper has no reflection. In the photo, Kardashian and her baby are standing in front of a mirror taking a selfie with her iPhone. West stands in front of them, taking another photo of the pair with his iPad. The problem is, the entire family seems to vanish in the mirror.

It's plausible that Kardashian is blocking her own reflection, but then what happened to West, and what's more, the photographer? Moreover, as many eagle-eyed commenters on Jezebel pointed out, the photo on West's iPad doesn't even match the angle from where he's standing, and it's unlikely the photo of the screen would be that sharp. It's clear that there has been some heavy photo-editing on the photo, which led a few users on Twitter to make their own amendments.



Lady Gaga GETTY IMAGES

Demi's eating disorder claim was out of order, says Gaga

Lady Gaga has heard Demi Lovato's criticism of her choice to let performance artist Millie Brown vomit on her during a concert earlier this month, but she doesn't agree with Lovato's assertion that the stunt glamorized eating disorders. "I have struggled with an eating disorder for over 10 years and I take that very seriously. I take the struggle of others very seriously," Gaga tells E! News. "I

am very supportive of Demi's struggle and her recovery as well as the recovery of anyone who is suffering from that. But this performance had absolutely nothing to do with any eating disorder, and we never intended for it to be taken that way. I am really proud of the performance and really stand by the message of rage and pain that we were trying to express in that moment."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kunis and Kutcher's big year just got bigger with baby news

MELINDA
TAUB
Metro World News

Mila Kunis has a heck of an engagement present for her new fiancé, Ashton Kutcher: She's pregnant. A source confirmed to E! Online that Kunis and Kutcher are expecting a baby. "This is something they both wanted," an insider told Us Weekly. "They are both so happy."

In case you were worried that the child might be born

to an inflexible mother, worry no more — Kunis has recently been spotted attending prenatal yoga classes.

Kutcher has been doing his part to prepare for the happy event, too. A source says he's comparing fatherhood tips with Danny Masterson, who co-starred with them on That '70s Show. Masterson welcomed a baby girl in February with his wife Bijou Phillips.

This has been a big year so far for the former sitcom costars. News of their engagement broke in February, when Kunis was spotted sporting a large diamond ring on the big deal finger. Though they've known each other since 1998, when both were cast on That '70s Show, Kunis and Kutcher only began dating in 2012.



Jennifer Aniston GETTY IMAGES

Aniston's fiancé always there Justin time to bum some skincare products

Jennifer Aniston is learning the hard way that sharing your life with someone sometimes means sharing your beauty products, too. The former Friends star admits to E! Online that fiancé Justin Theroux has a tendency to sample her skincare products. "It's hysterical.

What product doesn't he try to hijack?" she says. "He's good to his skin, that's for sure. It's always, 'What are you using, what is that?' It's cute." But according to Aniston, Theroux doesn't actually need much help. "He's got gorgeous skin. Perfect skin," she says.

No boyfriend, no real friends and lonely on tour ... life ain't a Ball for Miley

Miley Cyrus' outlandish, fun and frolicking lifestyle might all be for show, as behind the scenes the Wrecking Ball singer is feeling lonelier than ever, according to Radar Online. "She's living alone in this big empty house, no boyfriend to speak of, and when it comes to friends she doesn't have any real meaningful connections. She's surrounded by party people or friends of convenience," a source says. "Being alone has always been a fear of Miley's, and she tried to pretend after the split with Liam Hemsworth that she enjoyed her newfound freedom, but the fact of the



Miley Cyrus GETTY IMAGES

matter is that she's painfully lonely. Being on tour helps a bit right now ... but the tour ends in June. Then what?"

Twitter



@carrieunderwood

Yeah...um...this is so weird. I, like, NEVER send anything back to the kitchen, but this coffee tastes like iPhone.



@mindykaling

I am taking it so personally ethnically that my whole foods no longer makes Indian food for the hot bar



@SarahKSilverman

I'm godless in general but then I remember that panda bears exist and I'm like hold the f— up

YOU'VE COME TO

10 STEPS TO HOME OWNERSHIP:

A guide to buying your own place.

Buying a home is one of life's biggest achievements. And one of its biggest investments. It can also be one of the most exciting and satisfying events of your life, if you work with the right experts. Here are a few things you need to consider before you walk into your new home:

1

Affordability

While buying a home can be a big investment, you might be surprised by how affordable it can be when you have the right mortgage. Some important considerations are family income, monthly payments, interest rates, property taxes, maintenance fees and closing costs. Talking to a mortgage specialist is a great first step in determining how much you can afford.

2

The down payment

While making a down payment can sound intimidating, the truth is you can pay as little as 5% of your purchase price as down payment with the purchase of mortgage default insurance. It's also important to note that a bigger down payment generally means lower mortgage payments and lower interest costs over the life of the mortgage.

3

Getting pre-approved for a mortgage

A pre-approval helps you understand how much you can afford and gives you the confidence to act quickly and make an offer when you find the right home. Also, the rate you are offered is guaranteed for up to 90 days, giving you time to find that perfect home. Visit bmo.com/preapproval to start your mortgage pre-approval today.

4

Making "The List"

Making a checklist of everything you're looking for in your ideal home will help you get what you want when you are looking for your new place. Keep in mind factors like your budget, lifestyle, distance from work and, of course, what kind of home you're looking for – a condo, townhome, semi-detached or detached home. A Home Comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you manage your search.

5

Choosing a real estate agent

There are many advantages to using a professional real estate agent, and family, friends or neighbours are a good resource for referrals. Real estate agents have the inside track on new listings, can help you narrow down your search, will prepare the Offer to Purchase and other key documentation and will negotiate the price on your behalf.

6

Find the right professionals

Nobody ever reads the fine print. Except maybe a lawyer or notary. So you'll need a qualified one who can make sure all your documents are in order and are explained to you. The earlier you find one, the better. Equally important is the home inspector. Once he or she gives you the thumbs-up, you can be confident that the home you picked is just the way you expect it to be, inside and out.

7

Making the offer

So you've found the perfect home at the perfect price. Now you want to make an offer. Your real estate agent will draft an Offer to Purchase and your lawyer needs to review it to make sure the offer price, closing date and what's included, such as appliances and fixtures, etc. are what you expect. You can also include your own conditions like home inspection and financing guarantees. Once the offer is accepted, you are one step closer to being a new home owner.

8

Arranging for a mortgage

Once the seller says "yes" to your offer, get in touch with your mortgage representative and they will help you finalize your mortgage options such as fixed vs. variable rates, open vs. closed term, amortization and payment schedules.

9

You've got a mortgage. Now protect it.

With mortgage insurance like BMO Mortgage Protection, you can protect your family and assets in case the unexpected happens, such as a disability or involuntary job loss, critical illness or death. In other words, it gives you peace of mind that you're protected when life throws you a curveball.

10

Completing the transaction and getting the keys to your new home

Once your mortgage lender and your lawyer go through the details with a fine-tooth comb, you'll sign the mortgage documents, make the rest of the down payment and cover the closing costs. On closing day, all you'll have to do is collect your keys and step into that home you've been dreaming about.

THE RIGHT PAGE.

6 POINTS TO CONSIDER WHEN BUYING A HOME

1 SHOULD I BUY OR RENT?



Buying your first home can be very exciting, but home ownership may not be right for everyone. Take a look at your lifestyle, financial situation and money management skills before jumping in. Download a budget worksheet to help you get started at bmo.com/homebuyersguide

2 HOW MUCH WOULD I NEED FOR A DOWN PAYMENT?

While a down payment of 20% of the purchase price is always recommended, you can actually put down as little as 5%. But remember, the more you put down, the less you'll need to borrow, and if your down payment is less than 20%, you will require mortgage default insurance.



3 HOW DO I SAVE FOR A DOWN PAYMENT?

Here are some simple ideas to help you save for your down payment:



- Set up a Continuous Savings Plan and set aside \$100 every week. That adds up to \$5,200 at the end of the year.
- Take advantage of the CRA's Home Buyers' Plan. First-time home buyers can withdraw up to \$25,000 tax-free from their RRSPs¹.
- Put your change in a jar at the end of each day and then deposit it into a savings account every 6 months. BMO offers Coin Counters in select branches that are free² with deposits of \$250 or less.

¹The withdrawal is paid back in equal installments over 15 years, beginning the second year after the withdrawal. For full details of the Home Buyers' Plan including repayment terms, visit Canada Revenue Agency's website at cra-arc.gc.ca ²A fee of 8% is applied to the entire transaction for amounts greater than \$250 deposited into the Coin Counter.

4 WHERE DO I BEGIN?

Making a checklist of everything you're looking for in your ideal home is a great way to ensure that you get what you want. A home comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you with your home search.

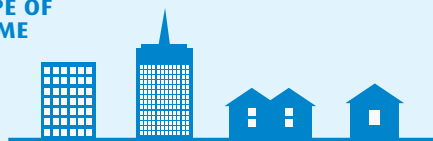
LIFESTYLE



DISTANCE FROM WORK



TYPE OF HOME



5 DO I NEED HOME INSURANCE?

Home insurance is a great backup plan to make sure life's curveballs don't leave you financially vulnerable.



6 SHOULD I GET PRE-APPROVED?



Definitely. A mortgage pre-approval tells you how much you can afford and gives you the confidence to act quickly and make an offer when you find your dream home.

metro 

MAKING THE GRADE

Tuesday, March 25, 2014



A big change for younger schoolchildren in Ontario is the introduction of full-day kindergarten, which will be rolled out this fall. PRESSMASTER/SHUTTERSTOCK

Changing the way kids learn

JENNIFER
TAPLIN
For Metro

Education Minister Liz Sandals has a lot to brag about.

She is proud the Ontario education system has received international recognition and emulation, but the feather in her cap is the inclining high school graduation rate. In the past 10 years, 15 per cent more students are graduating high school, making it easier for them to get jobs. That means 83 per cent of high school students are graduating.

"We're just making a huge change in the lives of those kids who wouldn't have graduated 10 years ago, but who are graduating now," she said.

The graduation rate began to rise once it was recognized the students who were struggling with academics would



Ontario Education Minister Liz Sandals. TORSTAR NEWS SERVICE FILE

benefit more from a skills-based education. Specialized skills majors were introduced so students can take a cluster of courses in grades 11 and 12, which incorporates a work placement. This isn't just wood shop — the

programs are diverse, depending on the location of the school and nearby industries.

Once completed, students receive a red seal on their diploma in manufacturing, construction, agriculture, IT

Starting on the right foot

"What we're doing with the full-day kindergarten program is making sure every student in Ontario gets the best start possible."

Education Minister Liz Sandals

or many other majors.

Another big change, although more recent, is the introduction of full-day kindergarten. It already exists in many of the province's elementary schools but will be completely rolled out by the fall. It is play-based learning orchestrated by a teacher and an early childhood educator in each classroom.

"We know that little kids are just like little sponges and they soak up so much information and there's so

much brain development," Sandals said. "What happens to them early is really important because it sets the foundation for greater years."

But with anything, there is always room for improvement. Sandals said they need to produce graduates who know how to use the latest technology and are more prepared for the workforce.

"And, quite frankly, we as educators have to figure out how to use technology more effectively to enhance education," she said.

"It's still really important that students have great literacy and numeracy skills, but there's this broader basket of skills to make sure the student is more well-rounded."

There is also the question of how to interest more kids in science, engineering and technology, she added.

Balancing needs of students

Trustees at Ontario's third-largest school board continue to work to balance their students' need for a good education with ongoing budget challenges.

"On a strategic level, we're ensuring that we're putting students' needs first and finding ways to improve student results," said board chair Ruth Tisdale, who represents London wards 1, 11, 12 and 14.

"On a day-to-day, we're trying to deal with accommodation. We have empty spaces in areas and other students with no schools due to a declining birth rate."

The Thames Valley District School Board (TVDSB) doesn't receive provincial funding for vacant space. Last year, school enrolment dropped by about 1,000 students, with some schools operating with less than full capacity.

Accommodation review committees have been established to address the future of individual schools or groups of schools.

In comparison with the provincial rate, the TVDSB also has a large number of students who have been identified with learning disabilities.

"Our special education needs are greater than the funding we receive," Tisdale said.

A mother of five, Tisdale knows all too well the value of communication. She reminds parents to read with their younger children.

"Parents also need to find time to talk to older students to find out how their day went. Studies show that the more a parent is involved in their child's education the more successful the child will be in school."

HEATHER BAUMONT

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Opening more opportunities

Second language.
French immersion can broaden a child's scope

PAULINE
ANDERSON
For Metro

Your child is turning five soon, so it's time to decide whether French immersion might be an option.

Parents in London can choose early French immersion starting in senior kindergarten or opt for middle French immersion from Grade 4 onward.

And more and more parents are doing just that. In 2009, 5,630 students in the Thames Valley District School



Parents may enrol their children into French immersion classes to open more career opportunities down the road. ERMOLAEV ALEXANDER/SHUTTERSTOCK

Board (DSB) and the London Catholic DSB were in French Immersion, but that figure rose to 6,113 the next year, according to Gary Wheeler, spokesperson, Ontario Min-

istry of Education.

The program has a number of pluses. Parent Shirley Veenendaal says she enrolled her two children, now in grades 2 and 4, at Lord Rob-

erts public school "to broaden their scope" by becoming functionally bilingual and to "open opportunities for careers."

According to experts, French immersion doesn't affect English language skills and has no long-term impact on academic achievement. Even children with a learning difficulty can benefit from the program since a problem with reading, writing or another subject will surface no matter what language is taught. Parents don't have to speak French for their child to flourish in an immersion program.

When considering early versus later immersion, Wheeler notes that the sooner students begin the program, the higher their degree of fluency.



Some teachers are embracing technology in classrooms, while others aren't so keen on the idea. HURST PHOTO/SHUTTERSTOCK

A digital divide

There doesn't seem to be a national consensus on how technology should be used in the classroom with elementary and high school students. While some schools are embracing it, others are resisting it, and others fall somewhere in the middle.

What does this mean for the future? Nobody is really sure.

"It's kind of difficult to see where it's going exactly, but we have hints of it," said George Gadanidis, a professor in the University of Western Ontario's education department in London.

For example, Gadanidis was recently in a Grade 3 classroom where a teacher was making use of an interactive whiteboard, an online textbook and the students had laptops. The students worked in small groups learning computer programming, which modelled what they were

learning in math.

While this highlights some of the benefits technology can bring into the classroom, it also has its drawbacks, including the fact that students have trouble making sense of the vast quantity of information available.

"There's a lot of interest in critical thinking," says Donovan Plumb, a faculty member of Mount Saint Vincent University's education department in Halifax.

By having strong critical-thinking skills, students will be able to assess the information, determine what is valid and process it into a neat and tidy package.

One benefit of technology is that it allows high school students to take courses online and can allow them to tap into courses that may not be available in the traditional classroom setting where they live. RICHARD WOODBURY

Options. Learning happens everywhere

GEORDON
OMAND
For Metro

While the vast majority of Ontario's more than two million kindergarten to Grade 12 students are enrolled in the public school system, going public is far from the only education option in the province.

Last year, more than 111,000 students attended the approximate 850 private schools across the province.

Jan Campbell taught for 10 years in the public school system and is now executive

director of the Conference of Independent Schools of Ontario.

"I think public schools do an outstanding job in most cases," she said.

In her view, however, the independent school system allows more choice for parents.

"I would never say one is better than the other," Campbell said. "They're just different."

Proponents of the private school system cite smaller class sizes, more varied extracurricular activities and even

better school reputations as benefits.

But the value-added qualities of private schools seldom come cheap, even with financial assistance programs.

"Parents are paying a lot of money," Campbell said. "Some schools are charging up to almost \$30,000 after tax per student."

Still, she added, for some families the cost is worth it.

That desire to find the perfect learning environment is what often motivates some parents to opt for a third education option — home-

schooling. According to government records, about 4,750 students in the province are home-schooled — though that figure is imprecise because registration is not mandatory.

"Home-schooling is not having somebody in the basement of your house and not letting them out," said Carlo Ricci, who teaches in the Schulich School of Education at Nipissing University in North Bay.

"(It's about) understanding that learning happens everywhere."



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Literacy is evolving

GEORDAN
OMAND
For Metro

Literacy. Traditionally understood as the ability to read and write, our understanding of literacy in the 21st century now includes being able to navigate the ubiquitous technologies of the modern world.

And, according to some, Canada is falling behind.

"Canada has an essential skills problem," says a TD Economics report released in 2013, which described the country's performance in a

recent international literacy assessment as "depressing."

In the Programme for the International Assessment of Adult Competencies test, Canada only managed to score an average in literacy, a lower assessment than one made 10 years earlier.

"The problem has clearly not gone away," the report continued. "If anything, we are heading in the wrong direction."

According to Annette Hegel, a spokeswoman with the Ottawa-based Canadian Literacy and Learning Network, about 70 per cent of

high school graduates leave school with a literacy level averaging around grade 7 or 8.

The impacts are huge, Hegel said. She described how literacy is connected to income, health, longevity, employment and social engagement.

Ontario's Ministry of Education agreed on the importance of literacy.

"Strong literacy skills are one of the critical foundations for all other academic achievement and for a lifetime of success," spokesman Gary Wheeler wrote in an email.



Strong literacy skills are one of the critical foundations for all other academic achievements. DIEGO CERVO/SHUTTERSTOCK

Post-secondary experience. An assignment for your future

LEE
ROMAN
For Metro

Whether you are a young student fresh out of high school or a mature learner looking to update your knowledge, retool your skills and grow

your experience, choosing the right post-secondary institution can be a tough assignment.

With so many options out there — including university, and community and career colleges — where do you begin? Not sure? Here are tips

that might help.

Talk to a graduate. Seek out recent graduates of the programs at both the college and university, and request an interview. Ask them about the learning culture. Did they enjoy themselves there? Did they live in residence?

Ask about online learning. If you are not able to leave home for financial or other reasons, but still want to attend college or university, online courses might be for you.

Check out the rankings. It's common for magazines to publish studies ranking col-

leges and universities by comparing them in terms of their budgets, class sizes and host of other data.

Use online resources. The Association of Universities and Colleges of Canada (AUCC) offers a wealth of information about Canada's universities.

The AUCC's database (aucc.ca/study) includes all university programs offered in Canada. The Directory of Canadian Universities (aucc.ca/dcu) includes information on scholarships, facilities, programs, fees and profiles of each of the 97 institutions that AUCC represents.

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College. Enrolment at an all-time high for the province's 26 colleges of applied arts, technology

MARK SPOWART
For Metro

In 2013, a record-setting 180,000 Ontario post-secondary students enrolled as first-year students in one of the 26 Ontario Colleges of Applied Arts and Technology across the province.

"Enrolment is at the highest level we have seen," said Tony Frost, executive director of brand management at Fanshawe College in London. "It also marked the first year in over a decade where first-year applications at universities declined."

Colleges like Fanshawe and Algonquin College in Ottawa have long had to deal with the stigma of being the second choice or a backup option if someone didn't get into their university they had selected.

Now with many specialized programs and degree options, Frost believes colleges are coming into their own.

"We want to offer the full gamut, and sometimes that is giving students the choice to get the credentials that are critical for them, as well as their future employers," Frost said. "The primary thing is that you are getting a degree with experience — having that applied component really helps."

Both Fanshawe and Algonquin maintain close ties with both the professional world and listen to student demand in determining what new programs need to be offered or how current programs needed to be adjusted to reflect current trends.

"There is student demand and there is employment demand for future programs,"



Colleges offer specialized programs and degree options. GOODLUZ/SHUTTERSTOCK

Frost said, adding that they "look at at least seven new programs each year."

Fanshawe College, like other Ontario colleges, has an advisory committee made up of members of the business world as well as officials from the college. The school listens to businesses, professionals and students in determining what new programs

the college will develop and offer.

Frost believes the next big step for colleges will be the world of "e-learning."

"We need to make learning accessible. If you look at young learners, it is what they are growing up on. It also appeals to adult learners who may not have time during the day to come to the college."

Private career colleges offer various benefits

When it comes to post-secondary education, it can be difficult to make the decision of where to go. That's why a private career college (PCC) may be the best option for some.

PCCs don't start training in January and September. There are various intake dates throughout the year. And some classes are held during evenings so students are able to keep a day job.

PCCs train specific skills in many fields, including business, health services, applied arts and trades. These programs are developed with input from people working in the field so students learn exactly what their employers want them to know.

And the people teaching these courses usually have a wealth of experience in the field. Often, they still work in the industry, so they know exactly what the job

market looks like and what students need to learn. They can also give students a better picture of what life in the field will look like.

There is also the benefit of smaller classes and a lower student population on campus. Most classes have between five and 30 students, which means students will get more one-on-one time with their instructors and will get to know their classmates better.

Students often graduate in less than a year when studying at one of the more than 400 private career colleges in Ontario.

ServiceOntario's private career college search service lists registered PCCs with information about how much programs costs, including textbooks, and time commitments. For more information, visit ontario.ca/serviceontario.

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Job market. No education is wasted

JANE
DOUCET

For Metro

In today's competitive job market, it pays to keep up with the Joneses — that is, if the Joneses keep honing their employment skills.

"Professional development should be top of mind throughout your career because there's always something new to learn," said Kimberley Chesney, the founder and president of Prime Management Group Inc., an execu-

tive search and recruitment firm in London.

If you don't keep upgrading, you may be left behind — or out in the cold.

"Someone with better skills could take your job," Chesney said.

If earning a master's degree isn't possible or necessary, there are many options, including webinars, online courses and industry-offered programs, many of which are free.

Regardless of your sector or position, Chesney advises stay-

Barrier to competitiveness

- In a 2013 report, The Canadian Chamber of Commerce listed skills shortages as one of Canada's top 10 barriers to competitiveness. It stated that to solve the problem, business and

government must work together to upgrade the skills of the existing labour force and better employ underutilized segments of the population, such as youth, older workers and immigrants.

ing on top of the following:

Leadership. From the receptionist to the CEO, leadership is a coveted skill. "That

means you're accountable for what you do and you have the organization's best interests at heart," Chesney said. Good

leaders communicate well with everyone, from customers to the boss. Check your local chamber of commerce and industry association for leadership programs.

Education. Many employers look for candidates with a double degree, such as engineering and accounting. If earning a second degree or diploma is too daunting and expensive, take part-time courses or workshops at a local community college or online courses or webinars. "No education is wasted," Chesney said.

Technology. Since social media has become prevalent, you must stay on top of it, whether it's posting a profile on LinkedIn or updating your company's Facebook page or website. "You need to learn how to leverage social media effectively and use it to your professional advantage," Chesney said. Industry associations may offer free online courses and webinars, plus there are many books about social media marketing, including *Social Media Engagement for Dummies*.

Post-secondary schooling spells out better prospects

PAULINE
ANDERSON

For Metro

Nicholas Fisher recently finished a four-year general arts degree at a mid-sized Ontario university. He is struggling to find work that pays enough to make a dent in his student debt. His mom, Alice Fisher, wonders if she should have steered Nicholas, a natural in the kitchen, into a shorter — and cheaper — culinary arts program at a local community college.

A few decades ago, a university education was a ticket to job success in a booming economy. But today's employers may be hunting for more practical and applicable, skills. Should kids skip university and head straight for a diploma, or is a higher education that teaches critical thinking still a priceless investment?

No matter which way you



Post-secondary education leads to more earning power and career choices. LIGHTPOET/SHUTTERSTOCK

ing power and more career choices, which is especially important in a tough economy."

Young people are getting the message, with more high school grads opting to stay in school instead of entering the workforce. Since 2002, there have been almost 161,000 more students enrolled at Ontario colleges or universities, an increase of more than 40 per cent.

A Council of Universities report found that university graduates have the best employment rates and highest salaries, and are more likely to land a job in their chosen field compared to graduates of other postsecondary institutions.

The most popular fields of study are business, management, and marketing. In 2011, about 18 per cent of university students reported studying one of these subjects, according to Statistics Canada

slice it, post-secondary education — of any kind — is important in terms of job prospects. Seven out of every 10 new jobs created in Ontario require post-secondary education or training, according to Tanya Blazina, spokesperson for the Ministry of Training, Colleges and Universities.

"It leads to more earn-



Schools are beginning to provide courses in new technologies, such as cloud computing, data analytics and mobile communications. GOODLUZ/SHUTTERSTOCK

Emerging opportunities

PETER
DOYLE

For Metro

The keys to a successful career in today's rapidly shifting labour market are flexibility, persistence and an ongoing commitment to learning, particularly when it comes to new technologies.

"Every technology, whether it's a hammer or a smartphone, is only as valuable as the person's ability to use it well," said Jeff Leiper, vice-president of the Information Communications Technology Council (ICTC). "For an organization or company to benefit fully from new technologies, their workers must at least be comfortable using them and, ideally, they should master them."

ICTC is a not-for-profit organization that conducts research and develops and implements solutions to help Canadians take advantage of the digital economy.

One of those solutions

Diversified job market

- London's job market, like its economy, continues to diversify. Recent growth in the agri-food sector — new production facilities in London for multinationals Dr. Oetker (pizza) and Natra (chocolate) — reflects this trend. Demand is expected to remain strong for skilled labour, particularly in the construction trades, along with service workers in the financial/insurance and retail sectors.

is providing courses in new technologies, such as cloud computing, data analytics and mobile communications. The courses help address a key challenge — ensuring that companies, particularly small and medium-sized enterprises (SMEs), can leverage technology to maximize productivity and profits.

"An indication of the problem is that fewer than half of all businesses in Canada have websites," Leiper said. "In this day and age, websites are a basic tool for nearly every business."

It's not enough for a company to build IT expertise in a group of workers, such as an IT unit.

"People will find innovative ways to use new technologies only once they're comfortable with them," Leiper said. "The more people in a company who are comfortable with smartphones, for instance, the more likely they'll find innovative ways to use them and, in the process, increase productivity."

Innovation is particularly strong in the emerging field of data analytics — mining data to identify trends and patterns of value to an organization. According to ICTC, Canada faces an acute shortage of data analysts — jobs that require a mix of technical and creative abilities.

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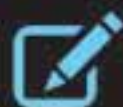
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An 'F-You' you'll want to hear

Forgiveness. What does it look like? The founder of the Forgiveness Project answers that question, and more

IZABELA
SZYDLO
life@metronews.ca

Tara Muldoon wears her heart on her sleeve — literally. A tattoo on her forearm reads, "Forgive me forgive you". For someone who teaches emotional healing for a living, it's a fitting reminder.

Muldoon is the founder of F-You: The Forgiveness Project — a Toronto-based social initiative of panel discussions featuring speakers who have gone from victim to survivor, and found forgiveness in the process. Since 2010, Muldoon has helped thousands of people embrace the healing process. "At the Project, we ask, 'What would it look like if you were to forgive yourself or another today? I have not met a person yet who regrets forgiving.'"

Having launched F-You after she was raped, Muldoon says there's no "one size fits all" method to forgiveness, but there are common steps to follow. "The anatomy of forgiveness involves going through that time of anger and mourning, then trying to understand the situation, and having compassion for the person and yourself," she says. "When I'm ready, I ask myself, 'what was

their intention? What were they going through?' That makes them a person instead of a label like my best friend or my dad. The other person has a story, too."

In her experiences, Muldoon finds people have a difficult time forgiving because it is perceived as accepting the other person's actions. "Forgiveness isn't to say that person was right but that you're stronger," she explains. "I really want to challenge the belief that to forgive is to accept the action."

A growing body of research is finding health benefits to forgiveness. A study by the Mayo Clinic shows holding a grudge may have an affect on our cardiovascular and nervous systems. In one study, people who focused on a grudge had elevated blood pressure and heart rates, increased muscle tension and feelings of being less in control. When asked to imagine forgiving the person who hurt them, participants said they felt more positive and relaxed and the physical symptoms dissipated.

And what if you're the perpetrator wanting to apologize? "Don't say sorry unless you're truly in a place to do it," Muldoon says. "I don't think there's a lot more that's damaging than apologizing to someone only for it to go backwards. We want to value and honour our relationships, so don't do that same thing you apologized for a second time."

With Muldoon's second collection of stories on forgiveness in the works (the first was released last summer), and

Forgiveness times four

Muldoon breaks down four types of forgiveness that are dealt with at F-You.

- **Forgiving yourself.** "This is making sure you do what you need to remove guilt that affects your decisions and actions."
- **Forgiving another person.** "Remove the labels from relationships, understand people are human and bad stuff happens, but you have a life to live."
- **Spiritual-based forgiveness.** "Those who are spiritual will ask whatever we believe in for forgiveness and unless we see a huge sign, we don't accept that. If your apology is genuine, it is enough."
- **Being forgiven by another person.** "Make sure what you think of yourself doesn't depend on that person. If they need their time, that's fine, but you have to work with that and move on."

hopes for a cross-Canada tour, she's working hard to spread F-You's message.

"Knowing I help to heal people gives purpose to the rape and pain I felt," says Muldoon. "You're the one drinking the poison when you're angry. When you realize that hurt people hurt people, everything changes."



Tara Muldoon is the founder of F-You: The Forgiveness Project. PAVEL KOUMINE

3
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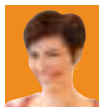
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Layering superfoods gives the most bang for your buck. Feel free to mix and match ingredients. Just be sure to choose items that are slightly sticky to make your mould hold.

Leftover mashed potatoes, sweet potatoes, squash and hummus work well interspersed between less sticky layers.

This dish pleases vegans and vegetarians and is gluten-free but it can also be a great appetizer or side dish with grilled

Ingredients

Layer 1

- Hummus

Layer 2

- 1/2 cup (125 ml) Bloo blueberry Juice
- 1 large sweet onion sliced (1/4 inch or .6 cm thick)

Layer 3

- 2 cups (500 ml) plain goat cheese at room temperature

Layer 4

- 8 Cups (2000 ml) baby kale / spinach mix
- 1/2 cup (125 ml) Bloo blueberry Juice
- 1/2 tsp (2.5 ml) salt

Layer 5

- 2 medium sweet potatoes peeled
- 2 tbsp (30 ml) unsalted butter

Layer 6

- 1 jar roasted red pepper strips

Layer 7

- Leftover mashed potatoes

Layer 8

- Micro greens or edible flowers

Blueberry Drizzle Reduction

- 1 cup (250 ml) Bloo blueberry juice
- 1 cup (250 ml) red wine
- 1 tbsp (15 ml) balsamic vinegar
- 1 Tbsp (15 mL) unsalted butter



This recipe serves six. BLOOJUICE.COM

meat, chicken or fish.

Save an empty tin can and remove both lids, keep one lid for pressing. This is a great method to make any dish or dessert restaurant pretty!

I like to collect a variety of sized cans and save multiples to make the process go faster.

1. Layer 2: Simmer red onion slices in 1/2 cup Bloo blueberry juice until onion is softened but holds shape and absorbs juice.

2. Layer 4: Using the same sauté pan as used for Layer 2, place kale and spinach in pan pour 1/2 cup of Bloo blueberry

juice over top and 1/2 teaspoon salt. Sauté until rendered down about 3 minutes. Remove from pan set aside and reserve any liquid. You'll use the same pan to make blueberry drizzle with any remaining liquid, so set it aside.

3. Layer 5: Pierce and microwave a sweet potato until soft then mash with butter.

4. Layer 7: Use leftover mashed potatoes or double up on the sweet potato layer.

5. Blueberry Drizzle Reduction: Simmer with a whisk until

combined and slightly thickened. Set aside.

6. Layer assembly: Use an empty can as mold for tower with bottom and top removed (reserve one lid to make unmolding easier. Oil inside of can, place on plate. Add 3-4 tablespoons of hummus, smooth out with spoon. Add onion layer, flatten with spoon, add 3-4 tablespoons of goat cheese and smooth. Place kale/spinach mix next making sure surface is covered. Smooth out with spoon. Add 3-4 tablespoons of mashed sweet potato mixture, smooth out with spoon. Add roasted

Health Solutions

When being blue feels right

I have fallen in love with blueberry juice.

Generally, it isn't advisable to drink any juice by the cupful (or in half gallon cups!) but this stuff is so potentially full of anti-oxidants and flavour that I had to find out more.

Bobby Kidston, a blueberry farmer and co-owner of Country Magic Farm who makes the brand Bloo in Nova Scotia, explains why this stuff tastes like blueberry pie without the sugar and the caloric crust. "Bloo is not from concentrate, it's made through our proprietary process to maintain as many anthocyanins as possible and it's 100 per cent pure blueberry juice, nothing else," he says.

The anthocyanins — which are the pigment in blue, purple and red fruits — are what makes blueberries the most potent (and the most studied!) fruit.

They are a highly effective compound antioxidant that has been shown

to protect everything from eyesight to diabetes.

But you don't want more than a shot glass full of the juice; it is still sugar, albeit natural. Your best bet is to use blueberry juice in cooking. Here are other ideas:

- A shot in smoothies
- As a reduction in sauces and dressings
- To poach pears or apples for dessert
- In cocktails in place of simple syrup or vermouth
- As the liquid in pancake mix

Generally, eating the whole fruit is best and a handful of blueberries is an excellent snack, treat, dessert, but the heart wants what it wants.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



peppers next, in circular layer cover surface, pat down with spoon. Using 3-4 tablespoons of mashed sweet or leftover white potato for top layer smooth with spoon to cover area and create a very smooth top. Gently place the lid ring on top and firmly press before you slide the can upward over the veggie

tower and repeat for other towers. Decorate top with micro greens and drizzle with blueberry drizzle reduction. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY BLOOJUICE.COM**

Tabbouleh salad takes ancient grains route

1. Heat saucepan over medium-high heat and drizzle bottom

with some of the virgin coconut oil. Add quinoa; toast, stir-

ring frequently, 2 minutes or until dry. Add water and bring

to boil. Reduce heat to lowest setting, cover and cook for 15 minutes. Remove from heat and let quinoa sit, covered, 5 minutes. Fluff with fork, transfer to a large bowl and let cool.

2. Meanwhile, heat another saucepan over medium-high heat. Add remaining coconut oil and chopped onion. Cook, stirring frequently, until onion is translucent, 4 minutes. Add cumin, coriander, red pepper flakes, tomato paste and red

pepper paste. Cook, stirring, for another 3 to 4 minutes. Let cool.

3. Add paste mix to quinoa and toss gently until incorporated. Add tomatoes, green onions, mint, parsley, lemon juice, coconut nectar and grapeseed oil. Toss gently. Season with salt and pepper.

THE CANADIAN PRESS/ THRIVE ENERGY COOKBOOK: 150 FUNCTIONAL, PLANT-BASED WHOLE FOOD RECIPES BY BRENDAN BRAZIER (PENGUIN CANADA, 2014).



This recipe serves two to three.
THE CANADIAN PRESS

Ingredients

- 50 ml (1/4 cup) virgin coconut oil
- 250 ml (1 cup) quinoa (any colour), rinsed and drained
- 500 ml (2 cups) water
- 1 large sweet onion, finely chopped
- 30 ml (2 tbsp) ground cumin
- 15 ml (1 tbsp) ground coriander

- 15 ml (1 tbsp) red pepper flakes
- 15 ml (1 tbsp) tomato paste
- 15 ml (1 tbsp) Mediterranean red pepper paste
- 2 medium tomatoes, seeded and diced
- 6 green onions, finely chopped

- 5 or 6 fresh mint leaves, torn
- 375 ml (1 1/2 cups) fresh Italian parsley, chopped
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) coconut nectar
- 15 ml (1 tbsp) grapeseed oil
- Sea salt and freshly ground black pepper, to taste

NHL

Still no green light for battered Buds

The Toronto Maple Leafs could certainly use the injured Jonathan Bernier and Paul Ranger against the St. Louis Blues, but they won't guarantee that either player will back to face the top team in the Western Conference.

Bernier, who has missed five straight games with a groin injury, and Ranger, who has missed the past two with neck soreness, skated Monday at Air Canada Centre. But that's far from a guarantee either will be in the lineup to help the Leafs snap out of this potentially season-altering losing streak.

THE CANADIAN PRESS

MLB

Baseball fans face security screening

Tigers fans will pass through metal detectors while entering Comerica Park this season, part of a new set of security measures the team is putting in place.

Major League Baseball has told its 30 teams they must implement security screening for fans by 2015, either with hand-held metal detection or walk-through magnetometers. The Tigers announced Monday that fans should arrive early this season to allow enough time to walk through the metal detectors.

THE ASSOCIATED PRESS

Tennis

Milos Raonic earns another milestone

Canada's Milos Raonic defeated Spain's Guillermo Garcia-Lopez 6-1, 6-2 on Monday to reach the fourth round of the Sony Open for the first time in his career.

The No. 12 seed needed just 56 minutes to complete the victory. He fired 10 aces and had service breaks on four of eight chances.

THE CANADIAN PRESS



Canadian Milos Raonic

THE ASSOCIATED PRESS



Devin Oliver of the Dayton Flyers reacts after defeating the Syracuse Orange 55-53 in the third round of the NCAA Men's Basketball Tournament on Saturday in Buffalo. Dayton has earned a spot in their first Sweet 16 in 30 years. ELSA/GETTY IMAGES

Bracket-busting Flyers crash Sweet 16 party

March Madness. Former top contender Dayton making first trip to the round of 16 in 30 years

For the last 14 years, the NCAA tournament has started with play-in games and the First Four at the University of Dayton Arena. The home team? Didn't even get in the bracket most times.

This year, it's flying high. With two close wins under daunting circumstances, the Flyers have turned Dayton into more than just a starting point for the NCAA tournament. It's become a focal point.

President Obama is tweeting about it. The national media is talking about it. Students are staying up until the early morning hours celebrating the Flyers' first trip to the Sweet 16 in 30 years.

"This opportunity is a once-in-a-lifetime chance," guard Jordan Sibert said Monday before practice.

Given how things had gone

4 days, 12 games

The Billion-Dollar Dream has been over for a while. Most bracket sheets are loaded with red X's. Still, there is plenty of March Madness ahead of us in the NCAA tournament's round of 16.

- **The favourites.** Three No. 1s — Florida, Arizona, Virginia — are alive and well after two rounds.

- **The underdogs.** How about three with double-digit seedings — Stanford, a 10, with 11s Dayton and Tennessee.

- **The rivalry.** It's tough to beat Kentucky-Louisville.

- **The rematches.** Besides Kentucky-Louisville there is Arizona-San Diego State.

lately for the Flyers, it felt like a lifetime since they'd been relevant in March.

Dayton was a mainstay in the tournament in the 1960s, finishing as the runner-up in 1967 with a loss to UCLA. The winning waned after 1990. Dayton went 10 years before its next tournament appearance and is making only its fifth NCAA trip in the last 14 years.

Those Flyers fans who pack UD Arena for the First Four can keep cheering this time — which is exactly what they've been doing since the 11th-

seeded Flyers (25-10) beat Ohio State 60-59 in Buffalo, followed by a 55-53 win over Syracuse. They'll play 10th-seeded Stanford (23-12) in Memphis on Thursday.

"We have to sort of come back down out of the clouds a little bit," coach Archie Miller said. "There's just so much hype, media and the talk around you."

As soon as the Flyers finished off Syracuse, the pundits started talking about Miller possibly moving on after his third season rebuilding the

Ignoring the noise

"We have to sort of come back down out of the clouds a little bit."

Dayton coach Archie Miller, who announced his contract extension with the team on Monday

program. He had privately agreed to a contract extension midway through the season, but wanted to hold off saying anything about it until the Flyers were finished.

On Monday, he and athletics director Tim Wabler announced the extension through the 2018-19 season, hoping it will dampen some of the where-will-he-go-next speculation.

Wabler thinks the Sweet 16 appearance will jump-start the program.

"It's credibility nationally," Wabler said. "It's putting us on the map as far as with recruits and saying Dayton not only is a great place to come to school and play, but now it's an even greater place."

THE ASSOCIATED PRESS

MLB. Phillies hurler continues to impress in win over Blue Jays

David Buchanan kept up his bid for a major-league roster spot, striking out two over two perfect innings Monday in the Philadelphia Phillies' 6-3, rain-shortened win over the Toronto Blue Jays.

The game was called with one out in the top of the eighth.

Buchanan remains in the mix for a bullpen berth.

Jays starter Brandon Morrow gave up four runs, five hits and three walks in five innings. **THE ASSOCIATED PRESS**



Phillies pitcher David Buchanan
KATHY WILLENS/THE ASSOCIATED PRESS

MLB

Reyes to have MRI on hamstring

Blue Jays shortstop Jose Reyes, who left Saturday's game due to left hamstring tightness, will have a precautionary MRI exam.

Manager John Gibbons said he has no concerns about Reyes being ready for opening day.

THE ASSOCIATED PRESS

Women's hockey

Canada crushes Finland 7-0

Eve-Audrey Picard had a three-point game and Shea Tiley made 22 saves as Canada shut out Finland 7-0 on Monday at the under-18 women's world hockey championship.

Picard had a goal and two assists to help Canada improve to 2-0 at the tournament. **THE CANADIAN PRESS**

Lawsuit. Ex-Canucks owner will have to testify in Steve Moore's trial

The former owner of the Vancouver Canucks will have to testify live via video conferencing about the infamous on-ice attack from behind that ended the pro career of rookie hockey player Steve Moore a decade ago, an Ontario court decided on Monday.

In his 23-page decision,

Master Ronald Dash ruled John McCaw Jr. has relevant evidence to offer when Moore's lawsuit gets to trial, slated to start in September.

Moore is suing Todd Bertuzzi, who delivered the horrific from-behind blow, and the NHL's Canucks for \$38 million. **THE CANADIAN PRESS**

Strong arms don't always make closers

Results may vary.

Recent baseball history has seen a number of pitchers enjoy success at back of bullpen, but only for a limited time

Some relievers thrive when they move into the huge ninth-inning spotlight and some fizzle. And others turn into one-year wonders.

They can be a Jimmy Fallon, earning raves, a Conan O'Brien deflecting razzes or one of those single-season phenoms that's increasingly common, a bullpen Halley's Comet that gets all the attention one summer and disappears the next.

After a half-decade as Mariano Rivera's understudy in the New York Yankees' bullpen, David Robertson feels ready for his move to the big time.

"I'm hoping it's more fun," Robertson says. "You get to high-five with everybody at the end of the game instead of just running in the dugout and going, 'OK, Mo's coming in. I'm going to go get undressed and get ready to high-five him when he comes in the clubhouse.'"

Top closers are baseball's rock stars — tied to their entrance music and their oversized persona, whether of chaos or cool. It's hard to think of Rivera without Metallica's Enter Sandman or Trevor Hoffman divested of AC/DC's Hells Bells.

But for every success there are multiple failures, especially these days when the managers and front-office executives feel

One-season wonders

From 1969, when the save first became a statistic, until 2003 there was not a single occurrence of a pitcher who had exactly one 30-save season and no other, according to STATS.

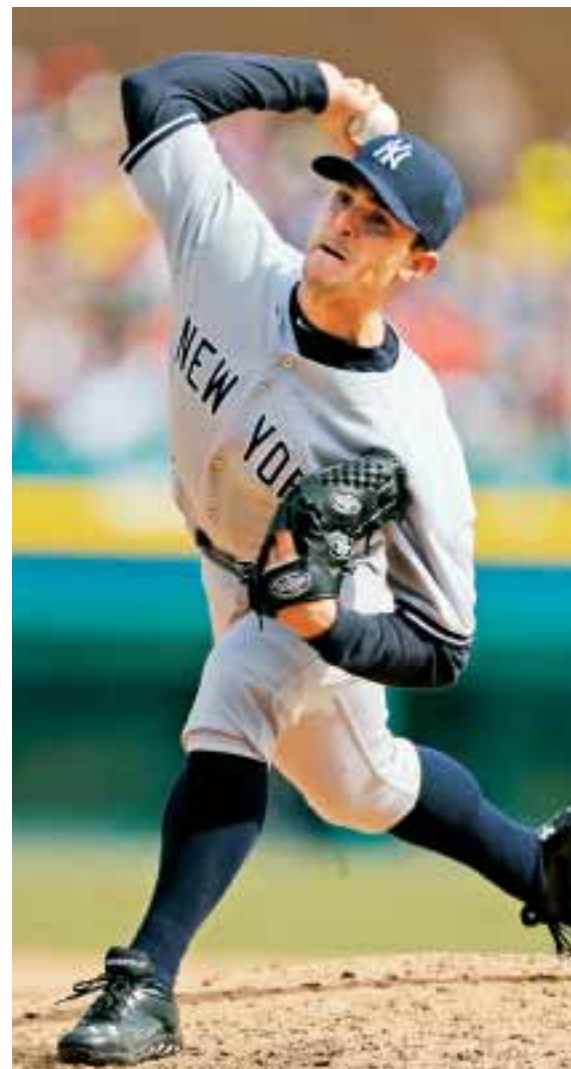
- In the last three years, seven pitchers have reached 30 saves for the first time and it remains to be seen whether they will do it again: Sergio Santos (2011), Drew Storen (2011), Jordan Walden (2011), Tyler Clippard (2012), Jason Motte (2012), Jason Grilli (2013) and Edward Mujica (2013).

- Going a little farther back, that list also includes Toronto's Miguel Batista (2005) and Jeremy Accardo (2007).

intense pressure for their teams to produce right from the season's start and every single night.

Hence, the reliever who goes from obscurity to supremacy and back.

"In the case of relievers, if you check the history it's kind of a natural wave of things," Baltimore Orioles pitching coach Dave Wallace says. "A lot of guys have a real good year, or maybe two good years, and then they maybe hit a bump in the road for a year or two. That's what makes Trevor Hoffman, Mariano, those type of guys special because they've done it over a long period of time." **THE ASSOCIATED PRESS**



With the retirement of Mariano Rivera, David Robertson steps into the role of the Yankees' closer. GETTY IMAGES FILE

Tiger in jeopardy of missing the Masters



Tiger Woods speaks during a news conference on Monday in Washington.
SUSAN WALSH/THE ASSOCIATED PRESS

Tiger Woods is not sure whether his ailing back will allow him to play in the Masters, which is two weeks away.

"For Augusta, it's actually still a little too soon, to be honest with you," Woods said Monday at a news conference to announce that Quicken Loans is the new title sponsor of his golf tournament. "That's kind of the frustrating thing about this."

The Masters is the only major tournament the 38-year-old Woods has never missed. Four of his 14 major championships

came at Augusta National, including his first in 1997. He last won the green jacket in 2005.

This year's Masters is April 10-13.

Woods is off to the worst start of his 18 years on tour, and he's been troubled lately by back problems.

He stopped playing in the final round at the Honda Classic on March 2 because of what he called back spasms and pain in his lower back. He tried to defend his title the following week at Doral, only for his

back to flare up again in the final round, when he shot a 78, the highest Sunday score of his PGA Tour career and his first closing round without a birdie.

Then last week, Woods withdrew from the Arnold Palmer Invitational because of persistent back pain.

"I've had a couple weeks off and getting treatment and just working on trying to get ready for Augusta," Woods said Monday. "As of right now, it's still too soon, which is, as I said, pretty frustrating."

THE ASSOCIATED PRESS

Pain in the back

This has been the longest sustained problem Woods has had with his lower back.

- He first showed signs of back pain at Bethpage Black at The Barclays in 2012, which he attributed to a soft bed at his hotel.
- Woods then felt twinges during the final round of the PGA Championship last year, and when his back bothered him in the final round of The Barclays two weeks later, he said it was unrelated.

Horoscopes

Aries

March 21 - April 20

As Mars is moving retrograde through your opposite sign of Libra you clearly need to get serious about a relationship one way or the other. Either commit yourself to it 100 per cent or end it once and for all.

Taurus

April 21 - May 21

The planets will enable you to push harder and get more things done today but give some thought to your health as well. Don't go to extremes.

Gemini

May 22 - June 21

Mars in Libra makes all things possible but for best results be selective. Don't waste your time and energy on a dozen aims because that will dilute your chances of success. Choose one and stick to it.

Cancer

June 22 - July 23

You may not be able to see things from another person's point of view but you do have to recognize that they have a point of view – and that it's valid.

Leo

July 24 - Aug. 23

You're not the sort to stick with what you know. The more you are on the move today, the more you are meeting new people and trying new things, the more likely it is you will find happiness.

Virgo

Aug. 24 - Sept. 23

Something will go out of your life over the next few days and you must not try to cling on to it. The planets suggest that something even better will appear to take its place around the time of next weekend's new moon.

Libra

Sept. 24 - Oct. 23

Mars in your sign endows you with huge amounts of energy. However, as Mars is going through one of its retrograde phases you must be careful about how you use that energy. Don't make changes that cannot be changed back.

Scorpio

Oct. 24 - Nov. 22

You are in possession of information that could be dangerous to the kind of people who would do almost anything to make sure it stays private so maybe you should keep it to yourself.

Sagittarius

Nov. 23 - Dec. 21

The planets warn that you may have to end friendships that no longer meet your needs. Once you have done that there will be room in your life to start new ones with people more like you.

Capricorn

Dec. 22 - Jan. 20

Mars, planet of action and ambition, is moving through the career area of your chart, so chances are you will be even more go-getting than usual.

Aquarius

Jan. 21 - Feb. 19

With both the Sun and Uranus moving through one of the better areas of your chart you no doubt feel ready for a new adventure. Just plan your route carefully.

Pisces

Feb. 20 - March 20

Be secretive about money matters today. According to the planets your rivals are on the lookout for opportunities to grow rich at your expense so stay sharp and don't let it happen.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Ms. Stubbs of "Sherlock", on Showcase
4. Mr. Bumble's gig in Oliver Twist
10. Wit
14. Canada's ___ (1967's significance)
16. Place
17. 75th Anniversary! Coffee Crisp's slogan: 'makes a nice ___'
18. Concept
19. ___ Bay, BC
20. '90s comedy series
22. Blinkers
25. ICU part
26. Smart
29. Clever remark
31. Skeleton segments
35. Casino cube
36. Catapult
37. Warm ocean current: 2 wds.
38. Boat's blade
39. Princess Beatrice's sister
41. Islet
42. Hull and Orr
44. "Happy ___" (2006)
45. Helios' 'H'
46. Magazine piece
47. Needle case
48. War god
49. Benchmark
51. Stable offspring
53. Ontario: ___ Falls, 'The Garden Town of the North'
57. "...it ain't ___ / I wanna see..." - *NSYNC, "Bye Bye Bye"
61. "Shark Tank" ty-



- coon Daymond John's clothing line
62. Canadian author Michael Ondaatje's bestseller set in Sri Lanka: 2 wds.
65. Tropical destination
66. New ___ Party of Canada

67. Broadway tune: "All ___ Jazz"
68. Anvil-user's workshop
69. 'Fool' suffix

Down

1. Sch. in The States
2. Mr. Peart of #54-Down

3. Brad's beloved, briefly
4. Ms. Kennedy (Panelist on Canadian quiz show classic "Front Page Challenge")
5. NnnNnn
6. Lesley ___ Warren
7. "Buenos ___!"

8. Tie one's shoes: 2 wds.
9. The MacGuffin author, Stanley ___
10. Mr. Murray of The Tenors
11. ___-de-camp
12. Stagger
13. Couplet
15. Afternoon hour

BY KELLY ANN BUCHANAN

21. Canned corn bit
23. Horse play
24. OR pro
26. Sun-dried brick
27. Byes, in Milan
28. Recipe extras
30. "___ a sandwich for you on the counter." (Kitchen chitchat)
32. Less unkind
33. Related maternally
34. Some beans, variantly
36. Song by 2014 Canadian Music Hall of Fame inductees Bachman-Turner Overdrive: 2 wds.
37. Farm song letters
40. Nine: French
43. Medieval meal
47. "Lose Yourself" rapper
48. Waikiki greeting
50. Paved places
52. Mad
53. "Don't know ___ matters, but..."
54. Toronto band
55. "___-Di..." (Beatles song title bit)
56. Ms. Sara, Canadian broadcaster
58. French author, Pierre ___
59. Ancient Egyptian goddess
60. Carve in a name
63. Fate
64. Bldg. with chalkboards

See today's answers at metronews.ca/answers.

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	5	2	9	3	8	7	1	6
3	8	7	1	6	9	4	2	
6	9	1	2	7	4	5	8	3
2	7	3	4	1	9	6	5	8
1	6	9	5	8	2	4	3	7
5	4	8	3	6	7	1	2	9
8	2	4	7	9	5	3	6	1
7	1	5	6	2	3	8	9	4
9	3	6	8	4	1	2	7	5

			3	7			5	8
4	2			9	8			7
	3				6		9	
7	4					1	2	
9			5				7	
9			2	4			3	1
6	1			5	9			

Today

-2°/-14°

Flurries

70%

Wednesday

-7°/-9°

Partly cloudy

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